

Post-Op Instructions After Open Breast Biopsy

Incision Care

- You will have a gauze dressing over the incision covered by a transparent dressing that is waterproof so you may shower tomorrow. Keep this dressing dry and remove it in 2 days.
- There will be a white tape called a steri-strip that covers the incision itself. It may get wet, just pat the area dry after showering. Leave the steri-strips on for a week and then you may remove them. Further dressings will not be needed unless they make your incision feel better.
- You should wear a support bra for about 1 week including to bed.
- Itching often occurs as part of the healing process and is nothing to worry about, but please do not scratch the incision and try to avoid any injury to the operative site.
- Some bruising around the site is common.
- You may use an ice pack, 30 minutes on, one hour off for the first 2 days after surgery.

Activity

- You may get up and walk around later today.
- Try to avoid excessive movement of the breast, like strenuous exercise or jogging for 2 weeks.
- Do not immerse the incision for 2 weeks (in a pool, hot tub, etc.).
- You may drive when you are off the pain medication for 24 hours, and able to push the brake pedal with force if necessary to stop quickly.

Follow-Up

- We need to see you in the office within 2 weeks to check the incision and review the path report.
- Please call the office at 341-5311 to schedule this if not already scheduled.

Diet

- You may resume a normal diet, but try to drink plenty of fluids for the next few days.

Pain Medications

- You will be given a prescription for a narcotic containing pain medication such as Percocet or Lortab. Take them with food and plenty of water. They can cause drowsiness and nausea.
- The pain medication may cause constipation. If so, take milk of magnesia per the directions on the bottle. You can also use over the counter stool softeners as needed.
- Do not drive or operate heavy machinery while taking these medications.

Call our office at 341-5311 during business hours or after hours call the hospital at 341-2556 if:

- Fever 101°F or higher.
- Spreading redness and swelling or drainage (bleeding or pus) from the incision site.
- Worsening pain from the incision area.
- Any other questions or concerns.
- In case of emergency, call the office at 341-5311 or go to the Claremore Regional Hospital Emergency Room.

I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS

_____ Patient/Guardian Date _____